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## Discussion on the Value of Yiqi Huoxue Qiangxin Decoction in Treating Chronic Cor Pulmonale

### Background

Chronic cor pulmonale (CCP) is a serious condition, especially in the elderly, marked by a long, subtle course and severe cardiopulmonary dysfunction during acute flares. Traditional Chinese Medicine (TCM) attributes CCP to dysfunction of the lung, spleen, kidney, and heart, causing phlegm-turbidity obstruction and qi stagnation, leading to heart failure. Yiqi Huoxue Qiangxin Decoction (YHQD) is formulated to tonify qi, activate blood circulation, and strengthen the heart.

### Objective

To evaluate the clinical efficacy of YHQD combined with conventional therapy versus conventional therapy alone in CCP patients.

### Methods

Sixty-seven CCP patients were divided into: Control Group (n=33): Received conventional symptomatic treatment (cardiotonics, diuretics, bronchodilators, expectorants, vasodilators, antibiotics, respiratory stimulants as needed) for 1 month. Study Group (n=34): Received conventional treatment plus YHQD for 1 month. YHQD contained core herbs like Astragalus, Codonopsis, Poria, Safflower, Pinellia, Red Peony, Peach Kernel, Chuanxiong, Perilla Fruit, and Licorice, with dosage adjustments and additional herbs based on symptoms. Taken twice daily. Efficacy was assessed using TCM syndrome scores, serum BNP levels, arterial blood gases (PaO<sub>2</sub>, PaCO<sub>2</sub>), and 6-minute walking distance (6MWD). SPSS 22.0 was used for statistical analysis.

### Results

Efficacy Rate: Study group (97.06%) significantly higher than control (78.79%) (P<0.05). BNP: Significantly greater decrease in study group (385.49±46.28 ng/L) vs. control (467.91±45.82 ng/L) (P<0.001). PaO<sub>2</sub>: Significantly greater increase in study group (78.94±2.68 mmHg) vs. control (71.63±3.47 mmHg) (P<0.001). PaCO<sub>2</sub>: Significantly greater decrease in study group (32.65±2.58 mmHg) vs. control (36.94±1.27 mmHg) (P<0.001). 6MWD: Significantly greater increase in study group (352.16±23.54 m) vs. Control (312.58±21.65 m) (P<0.001).

### Conclusion

The addition of Yiqi Huoxue Qiangxin Decoction (YHQD) to conventional therapy significantly improved clinical efficacy (97.06% vs. 78.79%, P<0.05), cardiac function (reduced BNP), oxygenation (increased PaO<sub>2</sub>, decreased PaCO<sub>2</sub>), and exercise tolerance (longer 6MWD) in chronic cor pulmonale patients versus conventional therapy alone (P<0.001). YHQD demonstrates valuable therapeutic benefits worthy of clinical adoption.